



Summer Plant-Based Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

www.metroclinic.co.uk/life





Contents & Key

- 6** Tofu Pancakes
- 8** Curry Chickpea Toast
- 10** Blended Chocolate Oats
- 12** Morning Glow Smoothie
- 14** Braised Tofu
- 16** Grapefruit & Avocado Salad
- 18** Kale Caesar Salad
- 20** Basil Fried Rice
- 22** Roasted Tomato & White Bean Stew
- 24** Eggplant & Chickpea Masala
- 26** Chinese-Style Tofu Stir Fry
- 28** Potato & Quinoa Soup
- 30** Vegan Protein Chocolate Brownie
- 32** Mango Protein Mousse
- 34** Pistachio & Lime Energy Bites

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts





Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Blended Chocolate Oats	Braised Tofu	E.g. Morning Glow Smoothie, Vegan Protein Chocolate Brownie, Mango Protein Mousse, Pistachio & Lime Energy Bites	Basil Fried Rice
Tue	Morning Glow Smoothie	Kale Caesar Salad	E.g. Morning Glow Smoothie, Vegan Protein Chocolate Brownie, Mango Protein Mousse, Pistachio & Lime Energy Bites	Basil Fried Rice
Wed	Curry Chickpea Toast	Kale Caesar Salad	E.g. Morning Glow Smoothie, Vegan Protein Chocolate Brownie, Mango Protein Mousse, Pistachio & Lime Energy Bites	Potato & Quinoa Soup
Thu	Curry Chickpea Toast	Potato & Quinoa Soup	E.g. Morning Glow Smoothie, Vegan Protein Chocolate Brownie, Mango Protein Mousse, Pistachio & Lime Energy Bites	Eggplant & Chickpea Masala
Fri	Tofu Pancakes	Grapefruit & Avocado Salad	E.g. Morning Glow Smoothie, Vegan Protein Chocolate Brownie, Mango Protein Mousse, Pistachio & Lime Energy Bites	Eggplant & Chickpea Masala
Sat	Morning Glow Smoothie	Grapefruit & Avocado Salad	E.g. Morning Glow Smoothie, Vegan Protein Chocolate Brownie, Mango Protein Mousse, Pistachio & Lime Energy Bites	Meal Out - Enjoy!
Sun	Blended Chocolate Oats	Roasted Tomato & White Bean Stew	E.g. Morning Glow Smoothie, Vegan Protein Chocolate Brownie, Mango Protein Mousse, Pistachio & Lime Energy Bites	Chinese-Style Tofu Stir Fry





Weekly Shopping List

Fruits, Vegetables	Plant-Based Produce	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none"> • 3 limes • 4 lemons • 2 mangoes • 4 grapefruits • 3 avocados • pineapple • 3 bananas • blueberries Vegetables <ul style="list-style-type: none"> • 6 yellow onions • bunch green onions (spring onions) • 1 red onion • 2 bulbs garlic • 2 carrots • root ginger • 2 eggplants (aubergine) • 3 red bell peppers • 2 green bell peppers • 1 white potato • 1 sweet potato • 2 tomatoes • cherry vine tomatoes • 9 oz. (255g) kale • 3.5 oz. (100g) green beans Dried <ul style="list-style-type: none"> • 10 dates 	Cold <ul style="list-style-type: none"> • 14 oz. (400g) silken tofu • 1.9 lbs. (850g) firm tofu • coconut yogurt • soy yogurt • 2 cartons almond milk, unsweetened • carton orange juice 	Grains <ul style="list-style-type: none"> • quinoa • white rice • rolled oats Nuts & Seeds <ul style="list-style-type: none"> • pistachios • cashews • sesame seeds • hemp seeds • chia seeds Baking <ul style="list-style-type: none"> • all-purpose flour • cornstarch (cornflour) • oat flour • almond flour • almond extract • vanilla extract • desiccated coconut • cocoa powder • cacao powder • baking powder • dark chocolate chips Dried Herbs & Spices <ul style="list-style-type: none"> • black pepper • smoked paprika • dried thyme • dried oregano • ground ginger • chili flakes • Chinese five spices • curry powder • garam masala • ground turmeric • ground cumin Fresh Herbs <ul style="list-style-type: none"> • cilantro (coriander) • parsley • basil • mint 	Oils <ul style="list-style-type: none"> • coconut oil • olive oil • sesame oil Sweeteners <ul style="list-style-type: none"> • maple syrup • coconut sugar Boxed, Canned & Condiments <ul style="list-style-type: none"> • nutritional yeast • 2 vegetable broth (or stock cubes) • tahini • tamari • hoisin sauce • gochujang paste • hot sauce or chili sauce • vegan oyster sauce • rice wine vinegar • apple cider vinegar • 4x 14 oz. (400g) cans of chickpeas • 2x 14 oz. (400g) cans white beans • 1x 14 oz. (400g) can green lentils • 2x 14 oz. (400g) cans chopped tomatoes • tomato paste (puree) • peanut butter • hummus Misc/Other <ul style="list-style-type: none"> • sea salt • vegan chocolate protein powder • maca powder • whole-wheat bread







Tofu Pancakes

Serves 3

8.8 oz. (250g) firm tofu
3 ripe bananas
½ cup (120ml) almond milk,
unsweetened
3 tbsp. lemon juice
1 cup (120g) all-purpose flour
1 cup (150g) blueberries
1 tbsp. coconut oil
2 tbsp. maple syrup

What you need to do

1. Place the tofu, bananas, almond milk, and lemon juice in a high-speed blender and blitz until well combined. Add the flour and mix through, then fold in most of the blueberries (leaving some to top the pancakes later), and mix again.
2. Heat ⅓ of the coconut oil in a pan over a medium-low heat. Spoon in some of the pancake batter and fry the pancakes for 3-4 minutes, then flip the pancakes over and cook for another 2-3 minutes on the second side. Repeat this process with the remaining pancake batter. This recipe should make approximately 6 pancakes.
3. Serve the pancakes drizzled with maple syrup and top with the remaining blueberries.

DF	V	N
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	432	10	79	12	12

*Nutrition per serving.







Curry Chickpea Toast

Serves 2

8 oz. (225g) chickpeas, drained
3 tbsp. hummus
2 tbsp. almond milk,
unsweetened
1 tbsp. lemon juice
½ tbsp. curry powder
1 tsp. maple syrup
¼ tsp. salt
¼ red onion, diced
4 slices whole-wheat bread
2 tbsp. cilantro, chopped

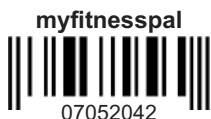
What you need to do

1. Place the chickpeas in a bowl and mash with a fork. Now add the hummus, almond milk, lemon juice, curry powder, maple syrup and salt and mix well to combine. Add in the chopped onion and stir again.
2. Meanwhile, toast the bread, then top the toast with the chickpea mixture and garnish with freshly chopped cilantro.

DF	V	Q
----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	361	7	60	17	14

*Nutrition per serving.







Blended Chocolate Oats

Serves 1

For the oats:

½ cup (40g) rolled oats
⅓ cup (80ml) almond milk,
unsweetened
2 tbsp. coconut yogurt
½ tsp. maple syrup
½ tsp. vanilla extract

For the chocolate:

1 tbsp. peanut butter
1 tbsp. coconut yogurt
½ tbsp. maple syrup
½ tbsp. cacao powder
pinch salt

What you need to do

1. Place all the ingredients for the oats into a blender and blitz until smooth. Transfer into a jar or a serving glass.
2. Now place all the chocolate ingredients in a small bowl and stir until smooth and well combined. Add a splash of water or a little more coconut yogurt if the mixture is too thick.
3. Top the oats with the chocolate mixture, then cover and place it in the refrigerator for at least 3 hours or overnight.
4. Sprinkle over a pinch of salt just before serving.

DF	MP	V	N
----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	3 hrs or overnight	306	14	37	10	7

*Nutrition per serving.







Morning Glow Smoothie

Serves 2

1 cup (165g) mango, chopped, frozen
1 cup (210g) pineapple, chopped
1 cup (240ml) orange juice
1 cup (240ml) almond milk
2 tbsp. hemp seeds
2 tsp. chia seeds
2 tsp. maca powder
½ tsp. turmeric powder

What you need to do

1. Place all the ingredients into a high-speed blender and blitz until smooth. Divide between 2 glasses and serve immediately.



GF	DF	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	259	8	44	7	6

*Nutrition per serving.







Braised Tofu

Serves 4

14 oz. (400g) firm tofu
1 tbsp. olive oil

For the sauce:

3 tbsp. tamari
3 tbsp. water
1 tbsp. sesame oil
1 tsp. coconut sugar
1 tsp. gochujang paste or chili flakes
1 tsp. sesame seed
1 tsp. minced garlic
2 green onions, sliced

What you need to do

1. Cut the block of tofu into ½ inch slices.
2. Prepare the sauce by placing all the ingredients into a bowl and stirring to combine.
3. Heat one tablespoon of olive oil in a large non-stick skillet over a medium-high heat. Add the slices of tofu to the skillet and sauté for 3-4 minutes on each side, until golden brown.
4. Reduce the heat slightly and spoon the sauce over the tofu pieces. Simmer for 3-4 minutes, then flip over and cook for a further 1-2 minutes.
5. Serve the tofu hot or cold with a side of rice (not included in nutrition breakdown).

GF	DF	LC	MP	V	Q
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	161	13	3	12	1

*Nutrition per serving.







Grapefruit & Avocado Salad

Serves 6

4 grapefruits, cut into segments
3 avocados, cubed
3 green onions, sliced
4 tbsp. cilantro, chopped
4 tbsp. mint, chopped
2 tsp. lime zest
½ tsp. chili flakes
4 tbsp. lime juice
2 tbsp. olive oil
sea salt

What you need to do

1. Place the grapefruit, avocado, green onions, cilantro, mint, lime zest and chili flakes in a large bowl and gently mix together.
2. Drizzle the mixture with lime juice and olive oil and refrigerate until ready to enjoy. Sprinkle the salad with sea salt just before serving.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	269	20	25	4	10

*Nutrition per serving.







Kale Caesar Salad

Serves 4

14 oz. (400g) can chickpeas,
drained
2 tbsp. of olive oil
pinch of salt
1 tsp. of ground cumin
9 oz. (255g) kale leaves, stem
removed & roughly chopped
14 oz. (400g) can green lentils,
drained

For the dressing:

$\frac{2}{3}$ cup (100g) cashews
6 tbsp. almond milk,
unsweetened
 $\frac{1}{2}$ tbsp. apple cider vinegar
2 tsp. tahini
1 tbsp. nutritional yeast
1 tbsp. lemon juice
pinch of salt

What you need to do

1. Preheat the oven to 450°F (230°C).
2. Place the chickpeas onto a baking sheet and drizzle with 1 tablespoon of the olive oil, a pinch of salt and the ground cumin. Stir to coat the chickpeas in the seasoned oil. Then place the tray into the hot oven and cook for 10-15 minutes until the chickpeas become crunchy.
3. Meanwhile, place the kale onto a separate baking sheet and drizzle with the remaining olive oil and season with salt. Place the tray into the oven and cook for about 5 minutes until crispy.
4. To make the dressing, place the cashews in a small pot and cover with water. Bring to a boil and simmer on high for 5 minutes. Drain the cashews and place them into a food processor or high-speed blender. Add the remaining dressing ingredients and blend until smooth, adding a little more milk as required to reach the desired consistency.
5. To serve, transfer the crispy kale and chickpeas into a big bowl, add the drained lentils, and drizzle over the dressing.

GF	DF	MP	V	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	340	16	37	16	13

*Nutrition per serving.







Basil Fried Rice

Serves 4

For the rice:

1 tbsp. coconut oil
1 onion, diced
3 cloves garlic, minced
1 cup (15g) basil, torn
1 red bell pepper, diced
2 tomatoes, chopped
3 cups (480g) cooked leftover rice
salt & pepper

For the sauce:

3 tbsp. vegan oyster sauce
4 tbsp. tamari
1 tsp. coconut sugar
1 tsp. chili flakes

What you need to do

1. Heat the coconut oil in a large pot over a medium heat. Add the onion and garlic to the pot and sauté for 3-4 minutes until softened.
2. Meanwhile place all the ingredients for the sauce into a bowl, stir to combine and set aside.
3. Now add the bell pepper and half of the basil to the onion mixture and cook for a further 2-3 minutes. Add the tomatoes and continue cooking for a further minute before adding the cooked rice.
4. Pour over the sauce, mix well and season to taste with salt and pepper. Once the rice has warmed through, add the remaining basil and cook until wilted. Serve immediately.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	200	5	35	5	2

*Nutrition per serving.







Roasted Tomato & White Bean Stew

Serves 4

½ cup (12g) parsley, chopped
 2 tsp. lemon zest
 2 cups (300g) cherry vine tomatoes
 3 tbsp. olive oil
 1 tbsp. dried thyme
 salt & pepper
 1 medium onion, sliced
 3 garlic cloves, sliced
 ½ tsp. chili flakes
 2x 14 oz. (400g) can white beans, drained & rinsed
 1½ cups (360ml) vegetable stock

What you need to do

1. Heat the oven to 425°F (220°C).
2. In a small bowl, mix the parsley and lemon zest together and set aside.
3. In a baking dish, toss the tomatoes with 2 tablespoons of olive oil, thyme and season with salt and pepper. Place the dish into the hot oven and roast for 20-25 minutes until the tomatoes begin to brown.
4. Heat the remaining 1 tablespoon of olive oil in a large pot or skillet and add the onion, garlic and chili flakes. Cook for 4-5 minutes until softened. Add in the beans and stock and bring to a simmer.
5. With the back of a spoon, gently crush ¼-½ of the beans to thicken the broth. Season to taste with salt and pepper.
6. Once the tomatoes have finished roasting, add them to the stew along with any roasting juices, and simmer for 5 minutes.
7. Serve in bowls topped with the lemon-parsley mixture and freshly ground pepper.

GF	DF	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	287	11	38	11	14

*Nutrition per serving.





















Eggplant & Chickpea Masala

Serves 4

2 tbsp. coconut oil 
1 onion, diced 
2 inches ginger, diced 
2 eggplants, diced 
3 garlic cloves, minced 
½ cup (120ml) of water 
2x 14 oz. (400g) can chickpeas,
drained 
2x 14 oz. (400g) can chopped
tomatoes 
2 tbsp. tomato paste
1 tsp. curry powder 
1½ tbsp. garam masala 
½ tsp. smoked paprika 
salt & pepper
½ cup (7g) cilantro, chopped

What you need to do

1. Heat the coconut oil in a large pot over a medium-high heat and cook the onion and ginger for 6-7 minutes until starting to brown. 
2. Add the eggplant and garlic and cook for a further 10 minutes, stirring often.  Now add the water, chickpeas, tomatoes, tomato paste, curry powder, garam masala, paprika and season with salt and pepper and mix well.
3. Reduce the heat to low and simmer for 15 minutes.  Serve topped with freshly chopped cilantro and a side of rice (not included in nutritional breakdown).

GF	DF	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	32 mins	408	11	64	16	23

*Nutrition per serving.







Chinese-Style Tofu Stir Fry

Serves 4

For the stir fry:

2 tbsp. coconut oil
1 onion, diced
3 cloves garlic, minced
1 tsp. ground ginger
1 red bell pepper, diced
1 green bell pepper diced
1 carrot, diced
3.5 oz. (100g) green beans, chopped
½ tsp. chili flakes
1 tsp. Chinese five spices
7 oz. (200g) firm tofu, crumbled

For the sauce:

6 tbsp. tamari
1 tbsp. hoisin sauce
2 tbsp. coconut sugar
3 tbsp. rice wine vinegar
1-2 tbsp. hot sauce or chili sauce, optional for spice

1 cup (210g) white rice
1½ - 2 cups vegetable broth
2 tbsp. cornstarch
5 tbsp. room temperature water

What you need to do

1. Cook the rice according to instructions on the packaging.
2. Heat the coconut oil in a large skillet or wok, over a medium heat and sauté the onion, garlic, ginger and remaining vegetables for 6-7 minutes. Add in the chili flakes, Chinese five spice and crumbled tofu, mix well to combine.
3. Meanwhile make the sauce by combining the sauce ingredients together in a bowl. Stir to combine and add to the pan along with the vegetable broth. Bring to a boil over medium heat.
4. Combine the cornstarch and water in a small bowl. Lower the heat and slowly pour in the cornstarch mixture, stirring constantly. Simmer for another 3-4 minutes until the sauce thickens.
5. To serve, divide the cooked rice between 4 bowls and spoon over the stir-fried vegetables and sauce.

GF	DF	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	341	11	50	13	5

*Nutrition per serving.







Potato & Quinoa Soup

Serves 6

$\frac{2}{3}$ cup (125g) dried quinoa
1 tbsp. olive oil
1 yellow onion, chopped
1 carrot, chopped
1 red bell pepper, chopped
1 green bell pepper, chopped
1 white potato, chopped
1 sweet potato, chopped
3 cloves garlic, minced
1 tsp. smoked paprika
1 tsp. dried thyme
1 tsp. dried oregano
3 tbsp. all-purpose flour
4 tbsp. nutritional yeast
1½ cups (360ml) almond milk, unsweetened
1 tbsp. tamari
1½ cups (360ml) vegetable stock
2 tbsp. lemon juice, fresh

What you need to do

1. Cook the quinoa according to instructions on the packaging. Drain and set aside.
2. Meanwhile, heat the olive oil in a large pot over a medium-high heat. Add the onion and sauté for 5-6 minutes until starting to brown. Next, add the carrot and bell peppers and cook for a further 5-7 minutes.
3. Now add the potato, sweet potato, garlic, spices, and flour. Cook for a further 1-2 minutes then add the nutritional yeast, almond milk, tamari and stock and bring to a boil. Reduce the heat to medium-low and simmer gently for 20 minutes, until the potatoes are tender.
4. Stir through the lemon juice and turn off the heat. Season to taste with salt and pepper and serve warm topped with the cooked quinoa.

GF	DF	MP	V
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	372	7	60	19	9

*Nutrition per serving.







Vegan Protein Chocolate Brownie

Serves 12

Dry:

¾ cup (65g) oat flour
½ cup (65g) almond flour
½ cup (60g) vegan chocolate protein powder
⅓ cup (50g) cocoa powder
2 tsp. baking powder
⅓ tsp. salt
4 tbsp. dark chocolate chips

Wet:

¾ cup (185g) soy yogurt
½ cup (120ml) almond milk, unsweetened
⅓ cup (80g) maple syrup
1 tsp. vanilla extract

What you need to do

1. Heat the oven to 350°F (180°C) and line a loaf tin with baking paper.
2. Combine all the dry ingredients together in a bowl and set aside.
3. In a separate bowl, mix together all the wet ingredients. Then fold the wet ingredients into the dry ingredients. Mix well until combined and add a little more milk if necessary (see note below).
4. Fold in the chocolate chips and transfer the batter to the loaf tin.
5. Place the tin into the hot oven and bake for 35-40 minutes. Once baked, remove the tin from the oven and set aside on a wire rack to cool completely, before removing from the tin and slicing.

NOTE: Depending upon the protein powder used, you may need to adjust the consistency of the batter with more flour to thicken it, or milk to loosen it a little.

DF	LC	MP	V	N
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	109	4	13	6	2

*Nutrition per serving.







Mango Protein Mousse

Serves 2

1 ripe mango, peeled & destoned
14 oz. (400g) silken tofu
2 tbsp. maple syrup
½ tsp. ground turmeric
1 tbsp. desiccated coconut

What you need to do

1. Place the mango, tofu, maple syrup and turmeric into a high-speed blender and blitz until smooth.
2. Divide the mixture between 2 serving glasses and place in the refrigerator to chill for 2-3 hours. When ready to serve, top with desiccated coconut.

GF	DF	MP	HP
----	----	----	----

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	2-3 hrs	336	13	42	22	5

*Nutrition per serving.







Pistachio & Lime Energy Balls

Makes 12

1 cup (150g) pistachios
10 dates, pitted
1 tbsp. lime juice
1 tbsp. coconut oil, melted
½ tsp. almond extract
1½ cups (170g) almond flour
1 tbsp. lime zest
6 tbsp. desiccated coconut, for rolling

What you need to do

1. Place the pistachios into a food processor and blitz to break down into small pieces and transfer to a large bowl.
2. Now add the dates, lime juice, coconut oil and almond extract to the food processor and blend until smooth. Add this mixture to the pistachios along with the almond flour and lime zest. Using your hands, mix well to combine.
3. Divide and roll the mixture into 12 balls, then roll each ball in the desiccated coconut.
4. Store in an airtight container in the refrigerator for up to 2 weeks.



GF	DF	LC	MP	V	Q	N
----	----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	169	13	10	5	3

*Nutrition per serving.

